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CLINTON, I'M NOT FEELING THE FEMINIST LOVE

VIEWS

Signs of the times

Dozens of signs for the Alberta NDP along 32nd Avenue N.E. are prompting the area councillor to call for a "crackdown" on those breaking bylaws. Story in Calgary news. ANNA BROOKS/METRO

Schools face 'hard news'

EDUCATION

Lack of funding to take a toll on staff and students

Jeremy Nolais
Metro | Calgary

Calgary's public schools will cut senior staff, clean buildings less and only replace technology when it breaks, according to a budget plan released Monday that aims to cover a nearly $30-million funding shortfall.

The document, due to be debated by Calgary Board of Education (CBE) trustees Tuesday, was released on the heels of a memo from organization Chief Supt. David Stevenson, in which he warned staff the 2015-16 budget cutbacks will be "difficult for everyone and will affect everyone."

"It's been challenging for superintendents to identify and discuss these assumptions," Stevenson wrote in the memo, a copy of which was obtained by Metro. "I know the news will be even harder for many staff."

Even with numerous cutbacks and the scrapping of several programs, the CBE report anticipates a massive jump in class sizes over the next three years. The board's average 30 students per high-school class is already the highest in the province, but the board estimates that number will spike to 35.6 by 2017-18.

Middle-school classes will grow by nearly five students, and elementary ones will grow by about four students over the same period, the report estimates.

The CBE is also proposing several other strategies that could have major impacts on classrooms.

Parents already complaining that some schools have inadequate technology won't welcome a move from a "replacement and refresh" model to a "break/fix model." Eventually, the board says, technology will turn to a "bring-your-own-device strategy."

A portion of the budget report is enough to make neat freaks cringe: "Cleanliness for CBE facilities will be reduced below current standards, and the number of single-custodian schools will increase."

The CBE will also eliminate two superintendent positions, bringing the total to nine, and cut into its oft-criticized communications and legal departments. There are also warnings of cuts at the area office level as well as to other "services and supports that are available to students and schools."

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metro NEWS

Your essential daily news

John Legend launches FREE AMERICA campaign to end mass incarceration

IN BRIEF

Man ruled out as suspect in missing-person case

A man police say may have important information pertaining to a missing-person case has come forward and isn't considered a suspect.

Last week, police issued a release seeking the man in connection to the disappearance of Jessica Rae Newman, who has been missing since March 10.

Police said the man is cooperating with their investigation and claims he may have information that may be useful.

Newman, 24, was last seen in Forest Lawn and is five-foot-three, 100 pounds with blonde hair and blue eyes. Police are asking anyone with information to call 403-266-1234 or Crime Stoppers. METRO

Two arrested after homes, vehicles shot at from truck

Two men have been arrested and charged after they allegedly drove around the neighbourhoods of Temple, Monterey and Abbeydale, shooting and damaging homes and vehicles with a .22-calibre rifle.

Police were called to the scene around 11:45 p.m. Saturday, when homeowners heard gunshots and spotted a dark-coloured truck driving through the neighbourhood.

No one was injured, but damage from the incident is estimated at approximately $10,000.

Sabri Ahmed Sabrie, 21, and Wasiullah Aminzada, 22, both of Calgary, face several charges. METRO

Allied Black app ready to do battle with Uber

TRANSPORTATION

Service billed as safe, legal alternative by city brokerage

Jeremy Nolais
Metro | Calgary

As officials behind e-hailing app Uber remain in neutral, waiting on Calgary to amend luxury-ride bylaws, a city brokerage has rolled out its own technology that it says trumps the competition.

Allied Black is now officially available in the iTunes App Store and Google Play and allows taxi and limousine passengers to link with up to 600 Associated Cab drivers and 125 Allied Limousine chauffeurs.

"It's state of the art," said Roger Richard, company president. "It's legal, it's been approved (by the city) and we follow all of the rules and regulations … all the vehicles are licensed, all the drivers are insured."

Richard has long described Uber as a "threat" to public safety because he claims the company lacks proper insurance and screening procedures for its drivers.

The insurance piece in particular has also spurred concerns from Calgary Mayor Naheed Nenshi and the Insurance Bureau of Canada.

The Allied Black app, officially unveiled Tuesday, is seen along with a computer that allows the brokerage to track available vehicles in real time. JEREMY NOLAIS/METRO

The City of Edmonton, however, lost a court application for an injunction earlier this month that would have prevented the technology from operating in the city. Uber has eyed Calgary for expansion of its Black luxury-ride service but called for the city to remove regulations that require drivers to charge a minimum of $84.60 and pre-arrange trips at least 30 minutes in advance.

But Richard and Allied general manager Cam Naghshineh demonstrated to Metro on Monday that the Allied Black app is compliant with current bylaws and allows customers, depending on their needs, to choose between a sedan or taxi at the touch of a button.

"As a consumer, when I got to Tim Hortons and there's a huge lineup, I go to Starbucks and pay the extra money and get my coffee so I can get on my way," Naghshineh said. "With this, we've captured the same thing — if you want a taxi and it's not available or too far away, I have the choice to see if there's a limo available and how much the price difference is."

Once an app user is linked to a car, customers can follow its progress towards them and are provided a picture of the driver, their City of Calgary badge number, licence plate number as well as a customer rating.

Unlike Uber, which requires a credit card, Allied users can also pay by cash or debit card.

Other city cab brokerages do already utilize e-hailing apps, but Richard said his company's model is better at linking customers with drivers. He said companies in other major metropolitan cities where Uber operates are also eyeing the technology.

A spokesperson for Uber reached Monday afternoon said the company had only just been made aware of the Allied Black app and wasn't in a position to comment.

City officials, meanwhile, have publicly backed an "on-demand" limo service, but are still contemplating changes to bylaws.

A spokesperson did confirm Monday that Allied Black was approved for operation, but said the app's use would be "closely monitored."

POLITICS

Budget 'awful': Trustee

Minutes after winning a vacant Calgary Board of Education trustee seat, social advocate Julie Hrdlicka took aim at what an "awful" provincial budget.

Her victory in the Wards 11 and 13 byelection came the same day the CBE released a budget-assumptions report detailing efforts to close a nearly $30-million shortfall. Senior managers will be cut, schools will be cleaned less and technology will only be replaced when it's broken, according to the report.

On the campaign trail, Hrdlicka said she heard first-hand about the struggles facing families and educators alike going into the 2015-16 school year.

"No one is happy about this budget at all. When we've been door-knocking, parents and principals and vice-principals have told us that they don't know how many more cuts they can take," she said. "We need to starting standing up to this province when it continues to say 'more cuts, more cuts, more cuts.'"

Her victory Monday evening came in a tight race with a former parent association head and mother of eight Karen Lloyd. As each of 23 ward voting stations reported in, the pair bounced back and forth from the lead. The results, although unofficial, had Hrdlicka with 1,157 votes in the end, 175 more than Lloyd.

The CBE was due to swear in Hrdlicka at a meeting Tuesday, just before mulling the budget assumptions report.

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Suite debate gets personal

CITY COUNCIL

Secondary expansions on homes approved

Robson Fletcher
Metro | Calgary

The first Calgary resident to apply for a secondary suite on Monday was a Bowness resident who was flooded out of his home in 2013 and now wants his children to spend more time with their aging grandfather while they still can.

"During the flood … we spent a fair bit of time with my inlaws, especially my father-in-law," he told Calgary city council. "It was a bit of an awakening, as he's getting older and his grandkids aren't getting any younger."

The man had canvassed nine of his nearest neighbours and received written approval from all of them to build a suite for his in-laws above his garage, which he presented as evidence to support his request.

After some debate, council agreed to let him build it.

Minutes later, the next applicant, an immigrant whose parents live out of town, pleaded her case to the city's mayor and 14 councillors.

"I'm the only child of the family," the woman explained, adding that her only daughter is five years old and just starting school, and her parents have a limited chance to spend time with the young girl.

"Ever since she was born, they have come twice to see her, and just with the size of the house and the basement not developed, it's not enough space," the woman said, asking that she be allowed to build a secondary suite in the home for her folks.

After considering objections outlined by 10 of the woman's neighbours, a majority of council agreed to let her build it.

Up next was a man who had already built a suite — illegally — for his elderly parents.

City inspectors came knocking after a complaint from his neighbour. That complaint was "resolved," council heard, after the man agreed to remove the separate cooking facility from the suite.

Monday, he was applying to have it put back in, instead of sharing a kitchen with his mom and dad.

After extended debate on what constitutes a "kitchen" under the city's land-use bylaw, council agreed to legalize that suite, too.

Calgary Coun. Druh Farrell, seen here in a file photo, has expressed concern with the level of personal detail aired in the secondary suite hearings. METRO FILE

BYLAWS

Core subject of May debate

On May 11, council is set to consider a bylaw change that would broadly permit secondary suites in a chunk of the city nearest the core — Wards 7, 8, 9 and 11 — without the need for land-use rezoning applications to come to council.

If approved, a development-permit application process would still be required for constructing suites in those wards, but it would be handled by city employees in an administrative fashion, instead of by city council through public hearings.

SECONDARY SUITES

Approving the use, not the user

In total, five of five applications for land-use rezoning to permit secondary suites were approved Monday, but Coun. Druh Farrell said she was "concerned" by the fact that most of them involved the public sharing of intimate family details as part of the process.

"We're hearing details and personal information about the reasons behind an application, which is not relevant and frankly is inappropriate," Farrell said.

Applicants were required to provide their addresses in public documents and state their names before speaking to council.

Last December, Mayor Naheed Nenshi apologized to a senior citizen who aired details of his family's personal financial struggles during an open council meeting, in a bid to build a legal secondary suite.

On Monday, the mayor said while this has become commonplace during public hearings, it ought not to influence decisions.

"Remember," he told his council colleagues. "We approve the use, not the user."

ROBSON FLETCHER/METRO

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Mayor Naheed Nenshi wore a Flames jersey while wielding his gavel during Monday's council meeting. ROBSON FLETCHER/METRO

Mayor seeks ideas for big hockey bet

PLAYOFF OUTCOME

Leader willing to wait, but not for long

Robson Fletcher
Metro | Calgary

Acknowledging his counterpart in Vancouver has been "a little bit busy" dealing with the oil spill off that city's coastline, Calgary Mayor Naheed Nenshi said Monday the bet between them on the outcome of the Flames-Canucks playoff series would have to wait. But not for too long.

"We've got to get on it — the first game's on Wednesday — so we've got to think about this," Nenshi said Monday.

In the meantime, to come up with appropriate stakes for the bet, Nenshi is doing what one does when one has little time and nearly a quarter-million Twitter followers. He's crowdsourcing it.

> **"We've got to get on it — the first game's on Wednesday.**
> Naheed Nenshi

"I need help," Nenshi told a throng of reporters and TV cameras outside city council chambers. "So I'm officially turning to the people of Calgary: Given that we're going to win, what in the world from Vancouver do I actually want? If anyone has ideas, I'll take them now. Tweet me: @nenshi."

Suggestions so far include having the losing mayor drop the puck at next season's home opener for the opposing team while wearing the opposing team's jersey, naming a bus stop in the losing city after the winning city's mayor, and having the losing city fly the other team's flag on all municipal buildings for a week. Nenshi's council colleague Coun. Andre Chabot, meanwhile, suggested the mayor should be willing to risk anything on the outcome of the series.

"I think he should bet anything — everything — because there's just no way we're going to lose," Chabot said.

GRIEVING CITY

Vigil set to honour victims of Brentwood murder a year later

A pair of Calgary residents are offering a grieving city a place to honour and mourn those killed in the city's worst mass murder one year after it occurred.

On April 15, 2014, five young people, Zackariah Rathwell, Lawrence Hong, Joshua Hunter, Jordan Segura and Kaiti Perras were stabbed to death at a party near the University of Calgary while celebrating the end of the school year.

For Brentwood community member Sara Francis, the community is still healing from the tragedy, but she hopes a candlelight vigil organized to take place on April 14 shows the Brentwood community — and Calgary as a whole — remains strong.

"Lighting that candle in the darkness is a sign of our unity," said Francis, who's helping to organize the event. Police charged Matthew de Grood with five counts of first-degree murder and court proceedings are ongoing.

The 9 p.m. event will take place outside of the Butler Crescent NW home where the deaths occurred and those who plan to attend are invited to light candles in silent prayer and reflection.

MORGAN MODJESKI/METRO

Tiny home slipping between the cracks

RESIDENTIAL

Bylaws unkind to alternative housing in city

Helen Pike
Metro | Calgary

A tiny home's eviction notice is stirring up conversation among city officials about where a build like this fits into the city of Calgary.

Nancy Shadlock built her custom home-on-wheels with her father. It cost around $25,000, plus labour. The build is insulated for Alberta's harsh winters, has its own water and heating system and a composting toilet.

"With an RV, it's made for anyone, but it's not really made for anyone in particular," said Shadlock. "With my home ... we were able to design it specifically with elements that I want."

She's been living on Rod Olson's property in Bowness for about six months.

Last week, after a complaint, Shadlock was slapped with a notice to vacate the premises, citing she was living in her recreational vehicle — which under city bylaws is not allowed.

Coun. Ward Sutherland explained that technically, with the zoning in that area, Olson could have a secondary suite. But because the home has wheels, it's classified as a camper.

"There's so many different types of build forms.... How are they going to fit within the land-use policies when the land use is allowable for secondary suites or cottages or laneways?" Sutherland asked.

Olson said he hopes to help change the city's treatment of alternative housing.

"It's time to update housing bylaws. They were made in the '80s, so we're looking at that."

Nancy Shadlock has been ordered to vacate her premises in Bowness for living in a recreational vehicle. CONTRIBUTED

CRIME

Trio faces charges in banking frauds

RCMP say a woman and two men are in custody over several fraudulent bank transactions in B.C. and Alberta.

Charges against 35-year-old Elizabeth Angelopoulous of Calgary include identity fraud, possession of credit-card data and obstruction.

Angelopoulous was arrested in North Vancouver after she allegedly attempted to withdraw a significant amount of money with fraudulent bank and identification cards.

Police say a teller noticed irregularities in documents and contacted police when the woman abruptly left the bank.

They say her co-accused, 21- and 23-year-old brothers Emmanuel and Samuel Chiasson, were arrested in Calgary on charges of extortion and fraud over $5,000.

The pair has been brought to B.C. to face criminal charges. Police believe they coerced and threatened Angelopoulous into committing the bank frauds.

THE CANADIAN PRESS

IN BRIEF

Fire crews snuff second grass fire in three days

The Calgary Fire Department extinguished the second grass fire in three days in Nose Hill Park yesterday.

Saturday's fire burned approximately four hectares of the city's largest park. Though Monday's fire was put out by the afternoon, crews stayed on site for hours afterward to watch for potential re-ignitions.

Fire crews said both fires were a result of high winds and thick, dry brush.

They are reminding Calgarians to properly dispose of smoking materials and be aware of the increased risk of grass fires in dry weather conditions. METRO

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NOMINATIONS

Riding president resigns

The president of a Calgary-area Progressive Conservative constituency association has resigned in the wake of questions about a candidate being "disallowed."

Jamie Lall was disqualified from the Chestermere-Rockyview contest just days before a vote was to take place — the move led to the acclamation of Bruce McAllister, one of the Wildrose floor-crossers.

On Monday, riding association president John Fitzsimmons confirmed he'd resigned, but wouldn't comment on whether Lall's disqualification had anything to do with the decision.

Asked about Lall's removal from the race, Fitzsimmons responded, "I had nothing to do with that decision."

During a phone interview, Fitzsimmons remained quiet when asked if he would still be president had the vote gone ahead. Asked what he though about the nomination decision, he responded, "There was no nomination."

Lall, meanwhile, has declared he will run as an independent in the riding.

Two other members of the riding association board also resigned, but one of them, Ada Rawlins, said her decision was purely for health reasons.

JEREMY NOLAIS/METRO

IN BRIEF

No tax, premier promises

Premier Jim Prentice says there will not be a provincial sales tax as long as he is the leader of Alberta.

Prentice says Albertans have told him they don't want the tax and he agrees with them.

THE CANADIAN PRESS

Businesses hit hard by provincial tax haul

CITY HALL

Council rejects spreading the burden onto homeowners

Robson Fletcher
Metro | Calgary

Calgary businesses will get hit with a larger-than-expected property tax increase this year after the province hiked its share of the bill by 8.2 per cent and city council narrowly voted down a plan to soften the blow by having homeowners subsidize part of the cost.

The city had set its own tax hike at 4.5 per cent during last November's budget process, but business operators will now actually see their total property taxes increase by 5.4 per cent, while homeowners will see a 4.2 per cent hike.

That's because the city had to wait, before finalizing the 2015 tax bills, for the province to submit its requisition for its share of the property-tax haul, which goes toward education but is collected alongside the city's portion.

This year, the province asked for a 3.8 per cent hike to school taxes on residential properties and an 8.2 per cent bump on non-residential properties, according to a city report.

Mayor Naheed Nenshi said the provincial government's "enormous increase" on non-residential property taxes in 2015 was a "very strange policy decision," given the comments by Premier Jim Prentice leading up to last week's election call, and during the campaign so far.

Coun. Andre Chabot supported softening the burden on businesses by using $3 million in "tax room" for 2015 to reduce their property-tax hike to 5.0 per cent, but was voted down. Instead, homeowners' total tax hikes will be trimmed to at 4.2 per cent, while non-residential properties will see a 5.4 per cent increase. ROBSON FLETCHER/METRO

"We've heard for weeks and weeks that increases to corporate taxes are a job killer, and yet, that very same premier increased what I consider to be the most unfair corporate tax," Nenshi said. "You've got to pay this tax if you own property or if you pay rent, regardless of what your profit or income is."

4.2%

Tax hike for Calgary homeowners this year.

Coun. Andre Chabot made a motion to mitigate the impact on businesses by raising residential property taxes by a total $3 million, which would leave homeowners' combined 2015 increase at 4.5 per cent and bring down the non-residential hike to 5.0 per cent.

That was defeated by an 8-7 vote.

Amber Ruddy of the Canadian Federation of Independent Business said business owners have been repeatedly targeted for tax increases because it's been politically expedient.

"They don't vote as a business, so it's often the case that politicians decide to put the burden of tax onto businesses and not share it equally among businesses and residents," she said.

"It's simply unfair."

Ruddy had little time for the mayor's critique of the provincial government, however, noting the city has been increasing its share of property taxes beyond the rate of inflation and growth for some time now.

Diana McQueen, who served as municipal affairs minister in the last legislature, prior to the election call, said the formula by which education tax rates are calculated hasn't changed, although the amount of absolute dollars collected in a given municipality "fluctuates depending on different assessment and growth."

BYLAWS

Update sign law: Mayor

Calgary is already littered with illegally placed provincial election signs, particularly in the northeast, council heard Monday. And Mayor Naheed Nenshi said its time to update the city's outdated bylaw governing them.

Coun. Ray Jones said his northeast Ward 5 is particularly rife with signs on public property that don't follow the rules of the existing bylaw.

"Are we going to crack down on election signs?" Jones inquired. "I'm inundated along 32nd Avenue with about 400 signs every five feet."

Dozens — if not hundreds — of Alberta NDP signs adorned that east-west route Monday, dominating the boulevards on both sides.

Stuart Dalgleish, the city's general manager of community and protective services, said he would have city staff look further into enforcement of the bylaw, but Nenshi said it might be time to update the bylaw, itself.

The mayor noted there are "many, many illegal signs" in Calgary, particularly in the northeast, but added many are only illegal due to the outdated provision that the signs not be affixed with metal stakes.

ROBSON FLETCHER/METRO

IN BRIEF

Liberals focus on children

Liberal Leader David Swann says the province needs to do more for children.

He says his team will fight during the election for more money for child-care spaces and full-day kindergarten. THE CANADIAN PRESS

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Contestants from last year's UC Idol competition blow the crowd away with their guitar/beat-box performance. With auditions ongoing for this year, the top six contestants for the fall competition will be announced at the end of April. CONTRIBUTED

U of C to see some fierce competition

MUSIC

UC Idol gears up for another year of performances

Anna Brooks
Metro | Calgary

There's no Simon Cowell to worry about, but the fight for title of University of Calgary Idol is expected to be as fierce as ever this year.

Ananya Parasor, first year University of Calgary student and this year's UC Idol director, said she's seen a revolving door of U of C students, alumni and volunteers audition for the contest with the hopes of being one of the lucky top six picked to perform at the event in September.

"It's a new experience for a lot of people," Parasor said. "There's a lot of people here who love to sing and they didn't know there was something like this where they could broadcast their talents."

Parasor said since the competition's inception in 2009, UC Idol has become an integral event in building school community spirit and giving students a good start to a typically strenuous school semester.

"At the beginning of a semester people might be stressed out or they might not know anybody, so it's a nice opportunity to bond with people and do something different from academics," Parasor explained.

With auditions closing Wednesday, Parasor said judges will consider all applicants carefully before announcing the top six at the end of the month who will compete in the big event September.

Held in the Health Sciences Centre at the Foothills Campus, all money raised at the event will go toward the Canadian Cancer Society.

CITY COUNCIL

Decision on traffic enforcement teams deferred

Robson Fletcher
Metro | Calgary

City councillors put off a decision Monday on an idea that could see cadets and peace officers forming dedicated traffic enforcement teams in residential areas, pending more input from the Calgary Police Commission.

The suggestion came from Coun. Shane Keating, who said speeding vehicles and traffic concerns are the biggest complaint he and most councillors hear from residents.

Noting police often have more severe crimes to attend to, Keating suggested looking into ways to integrate city operations and police operations to create dedicated traffic teams consisting of either city peace officers, police cadets, or both.

"The cadets could be the peace officers," Keating said Monday. "The only difference would be they would be working for the City of Calgary and not the police service."

But Howard Burns, president of the Calgary Police Association, said police officers can sometimes be faced with dangerous situations while performing traffic enforcement.

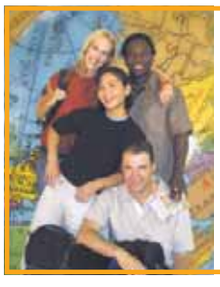
Keating suggested a veteran police officer supervising a group of cadets or peace officers could help "de-escalate" any situations that arise.

"That's why I like the idea of (police) being involved," he said.

Council voted Monday to defer a decision until the police commission has a chance to weigh in, and also to have Mayor Naheed Nenshi discuss the matter with other mayors from the Alberta Urban Municipalities Association about potential changes to police legislation that may be required.

Council will revisit the issue in September.

WITH FILES FROM MORGAN MODJESKI



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Ontario will put price on carbon

ENERGY

But federal government says 'carbon tax' a job killer

Three-quarters of Canada's 35 million citizens will soon live in jurisdictions with a price on carbon after Ontario announced Monday it is joining Quebec and California in a cap-and-trade system that the federal government calls a "job-killing carbon tax."

Ontario Premier Kathleen Wynne and Quebec Premier Philippe Couillard signed off on the carbon trading market in Quebec City after Wynne had earlier announced the initiative in Toronto. They join B.C. and Alberta as carbon-pricing provinces.

"Call it carbon pricing, cap and trade, a market mechanism or — I believe it's misleading — but if you must, go ahead and call it a tax," Wynne said.

"Most of us will not be fooled because for most of us the label is not important. What's important is that we make progress."

The move upstages Tuesday's meeting in Quebec City of provincial and territorial leaders, who agreed last year to plot out a national strategy on energy and climate policy in the absence of federal leadership.

A report last week from a blue-chip panel of economists asserted carbon pricing is the most efficient and effective way to meet Canada's carbon-reduction goals — and that provincial governments were best situated to design their own programs.

The Conservative government, which ran on a platform in 2008 that included a cap-and-trade policy, nonetheless maintains any effort to price carbon is an economy killer.

"We oppose carbon taxes and any schemes that seek to raise revenue — either directly or indirectly — from hardworking Canadians," a spokesman for Environment Minister Leona Aglukkaq said in an email.

The Conservatives have promised to regulate emissions on a sector-by-sector basis, but have refused to address the oil and gas industry that Environment Canada projections show will drive up Canada's overall emissions. THE CANADIAN PRESS

HOW IT WORKS

Buying and selling credits

Under a cap-and-trade system, businesses will have a greenhouse-gas quota and be able to sell credits to reward efficiency and innovation, Wynne said.

Companies that want to emit more carbon can buy credits from those who are able to reduce their carbon footprint. Money raised through the system will be reinvested in green technology and green infrastructure, the premier said.

BRITISH COLUMBIA CLEANUP EFFORTS CONTINUE IN ENGLISH BAY

Western Canada Marine Response Corporation crews replace oiled boom around the MV Marathassa with clean containment boom after an estimated 2,700 litres of fuel spilled from the ship on April 8. Five days after the toxic fuel spill in English Bay, the Canadian Coast Guard brushed off criticism and instead defended what its commissioner called an "excellent response." Commissioner Jody Thomas told reporters at a news conference Monday she is "enormously pleased" with the integrated response from the coast guard, Transport Canada, Environment Canada and West Coast Marine Response Corporation. PHOTO: COURTESY CITY OF VANCOUVER; TEXT: EMILY JACKSON/METRO IN VANCOUVER

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SAIT POLYTECHNIC

TRIAL

Sen. Duffy billed taxpayers to print, mount photos: Crown

Sen. Mike Duffy apparently billed the taxpayer to print and mount photos of his family, Barbara Bush and Bill Clinton as part of a contracting agreement he set up outside the scrutiny of Senate officials, court heard Monday.

Crown prosecutors began the second week of the Duffy trial laying out their case on a particular set of charges against the suspended senator involving contracts awarded to his friend Gerald Donohue.

Duffy faces 31 charges in total, of fraud, bribery and breach of trust. Donohue allegedly received $65,000 in contracts, with some of that money in turn filtering out to other service providers.

Documents filed in court show that Donohue's two companies, Maple Ridge Media and ICF Ottawa, sent $1,578 to a photo-developing company for work Duffy appeared to request.

"5 x 7 enlargement — (Miranda/Colin) (3 in original order + 5.25, 4 more 5 x 7 ordered Jun 13/11 by phone," reads one line item. Miranda is Duffy's daughter, and Colin is his grandson.

Crown prosecutor Jason Neubauer asked Senate human-resource officer Sonia Makhlouf whether she would have approved a request for a "photographic services" contract.

"I will not proceed with it and probably I will bring it to a higher level," Makhlouf said.

It is not clear what Duffy was doing with the photographs. Senators and MPs often decorate their offices with photos of themselves and other politicians. THE CANADIAN PRESS

VANCOUVER

Police arrest man who allegedly struck Ryan Reynolds with car

Vancouver police have recommended a charge of intimidation against a 52-year-old photographer whose car allegedly struck actor Ryan Reynolds.

Const. Brian Montague said the men were involved in a confrontation Friday evening, and Reynolds was hit as the man tried to escape from an underground hotel parking lot.

"There was no substantial injuries at all," Montague said Monday.

He said officers have spoken with Reynolds, who had a sore knee and back but was OK to return to work the next day.

Montague said police spoke with several people, pulled security video and identified a suspect "quite early."

He said a man from Richmond, B.C., was arrested at the police station and remains in custody. His car has been seized.

Vancouver-born Reynolds is in the city to film his new movie, titled Deadpool. THE CANADIAN PRESS

WHITE HOUSE SEN. MARCO RUBIO TELLS TOP DONORS HE IS RUNNING FOR PRESIDENT
In this March 30 photo, U.S. Sen. Marco Rubio appears on The Five television program on the Fox News Channel in New York. Rubio, the young Florida senator who has been a favourite of the conservative tea-party movement, on Monday took on Hillary Rodham Clinton in his first words as a presidential candidate. RICHARD DREW/THE ASSOCIATED PRESS

BLACKWATER

Ex-contractors get stiff sentences

A federal judge sentenced one former Blackwater security guard to life in prison and three others to 30-year terms for their roles in a 2007 shooting that killed 14 Iraqi civilians and wounded 17 others.

The carnage in Baghdad's Nisoor Square caused an international uproar over the use of private security guards in a war zone.

U.S. District Judge Royce Lamberth sentenced Nicholas Slatten, who witnesses said was the first to fire shots in the incident, to life on a charge of first-degree murder. The three other guards — Paul Slough, Evan Liberty and Dustin Heard — were each sentenced to 30 years and one day in prison for charges that included manslaughter, attempted manslaughter and using firearms while committing a felony.

THE ASSOCIATED PRESS

Boko Haram ruins childhoods: Report

UNICEF FINDINGS

Published one year after mass kidnapping of schoolgirls

The children's drawings show men with guns, a coffin, a car exploding. One picture has stick figures of eight siblings missed by their teenage sister.

The disturbing images come from some of an estimated 800,000 children forced from their homes by Boko Haram extremists, according to a UNICEF report published Monday.

It says the number of refugee children has doubled in the past year, making them about half of all the 1.5 million Nigerians made homeless in the Islamic uprising.

"Children have become deliberate targets, often subjected to extreme violence — from sexual abuse and forced marriage to kidnappings and brutal killings," the report says.

"Children have also become weapons, made to fight alongside armed groups and at times used as human bombs."

The nickname of Nigeria's home-grown Islamic extremist group, Boko Haram, means "Western education is forbidden" or sinful.

One picture in the UNICEF report shows stick figures of the eight siblings missed by Rita, a 14-year-old living in a refugee camp in neighbouring Chad with her mother, father and one younger sister.

They became separated when Boko Haram attacked the Nigerian town of Baga, and she knows how worried they must be.

"When you have your mother around, you (are) not worried about anything. But if she is missing ... you are worried the whole time," the report quotes Rita as saying.

Called Missing Childhoods, the report was published ahead of the first anniversary of the mass kidnappings the night of April 14-15, 2014, of nearly 300 schoolgirls from Chibok.

Dozens escaped on their own, but 219 remain missing.

THE ASSOCIATED PRESS

> **Children have become deliberate targets.**
> UNICEF report

10.5M

The number of children absent from primary school in Nigeria has increased from 8 million in 2007 to 10.5 million — the highest figure in the world, it says. Boko Haram has targeted schools, destroying or severely damaging more than 300 and killing 314 students and 196 teachers, UNICEF says.

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Travellers confused by too many brands

HOTELS

Big chains try for boutique image to lure millennials

Three hotels share the same building in New York City. Holiday Inn Express and Candlewood Suites are both Intercontinental Hotels Group brands, while Hampton Inn is a Hilton brand. The 10 largest hotel chains offer a combined 113 brands. MARK LENNIHAN/THE ASSOCIATED PRESS

Today's traveller faces a bewildering choice of hotel brands with similar-sounding and confusing names. The world's 10 largest hotel chains now offer a combined 113 brands at various price points; 31 of those brands didn't exist a decade ago.

Thanks to high occupancy levels and cheap interest rates, developers are scrambling to build new properties. At the same time, hotels are trying to lure a new generation of travellers in search of authenticity. They want unique and hip places to sleep, not cookie-cutter facsimiles of hundreds of other hotels.

These so-called lifestyle hotels are the hot, new area for growth. They are designed to attract millennials: travellers between the ages of 18 and 34 who, hotels say, aren't interested in marble bathtubs but might enjoy beanbag chairs.

"The big hotel chains are in the business of pretending they aren't big chains. They want you to think they are boutiques," says Pauline Frommer, editorial director for Frommer's, the travel guide company founded by her father.

"The Internet has driven people to more niches. Everything is more segmented," says Best Western CEO David Kong. "Our six brands are actually six different needs."

THE ASSOCIATED PRESS

CUSTOMER SERVICE

Air carriers getting worse, data shows

More flights are late, more bags are getting lost, and customers are lodging more complaints about U.S. airlines, government data shows.

For the third straight year, Virgin America led the rankings. The niche airline with a limited route network was followed by Hawaiian Airlines and Delta Air Lines.

Regional carriers tend to earn the worst marks, say two university researchers who track the airline business. They fly smaller planes, so when airlines are forced to cut flights due to bad weather, they ground the regionals first to inconvenience fewer passengers. Envoy Air, which operates most American Eagle flights, finished last overall.

But the picture was also bleak at the four biggest U.S. airlines. On-time performance fell and complaints rose at American, United, Delta and Southwest. The researchers blamed mergers, which has reduced competition.

Dean Headley, one of the co-authors of the report, said airlines performed better after 2001, when travel demand fell and planes were less crowded. Airlines were also losing money. They returned to profitability when the airlines left after mergers limited flights to keep fares up. The average plane is now more than 80 per cent full. "They have put the same number of people in fewer airplanes," Headley said.

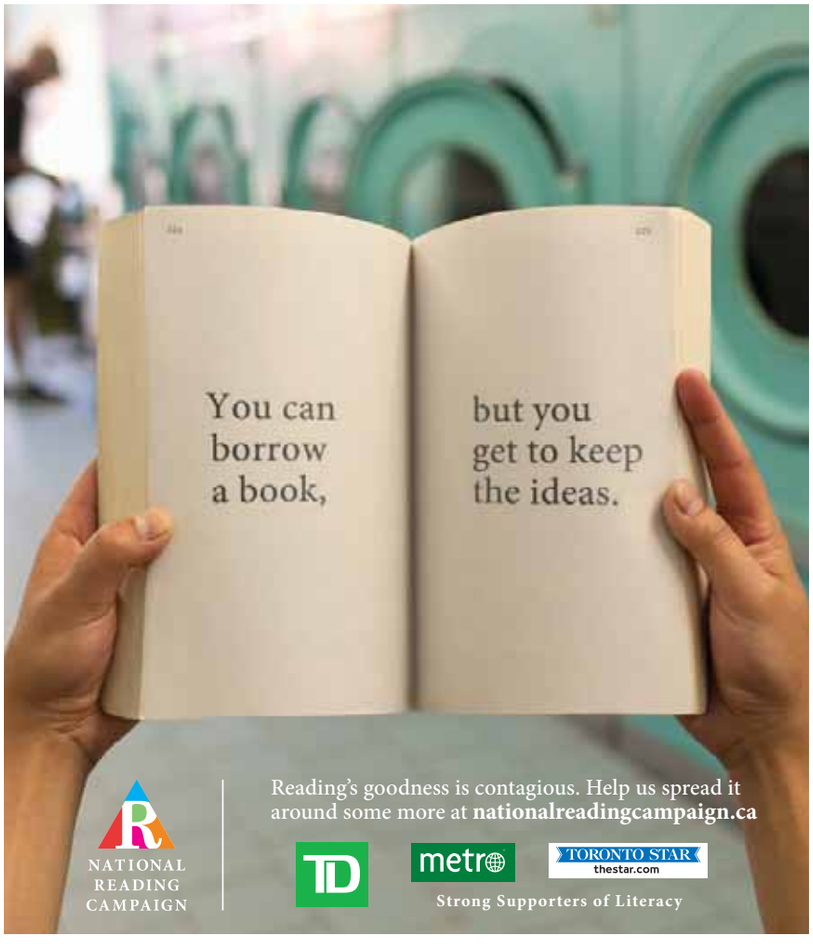
THE ASSOCIATED PRESS

FINDINGS

Lateness
On-time flights arrival fell to 76.2 per cent last year from 78.4 per cent in 2013. Best: Hawaiian Airlines. Worst: Envoy Air.

Lost bags
Lost, stolen or delayed bags rose 13 per cent in 2014. Best: Virgin America. Worst: Envoy.

Overbooking:
Passengers bumped from flights rose 3 per cent. Best: Virgin America. Worst: SkyWest and its ExpressJet subsidiary.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AD TRACKING

Bell Canada vows to kill customer profiles

Canada's privacy commissioner says Bell Canada has promised to delete all profiles created from tracking the cellphone use of customers in a program aimed for use in targeted advertising. Bell did not specifically confirm it was ditching the profiles, saying in a statement that it was complying with all the privacy commission's directives.

Meanwhile, the telecom giant said, it would reintroduce the program by seeking explicit customer consent.

The office of Privacy Commissioner Daniel Therrien says it now considers the matter resolved.

The federal agency said last week that Bell should seek explicit customer consent if it wants to create profiles through cellphone usage that would be used in targeted advertising. Until Monday, Bell's earlier responses had not satisfied the privacy watchdog.

THE CANADIAN PRESS

Filing taxes tricky for U.S. same-sex couples

Tax day is an accounting nightmare for thousands of gay and lesbian couples as they wrestle with the uneven legal status of same-sex marriage in the United States. They live in a country that recognizes their marriages, but some reside in the 13 states that do not.

At tax time, it gets complicated because most state income tax returns use information from a taxpayer's federal return. Straight couples simply copy numbers from one form to another. But that doesn't work for same-sex couples reporting combined incomes, deductions and exemptions on their federal tax returns. These couples must untangle their finances on their state returns, where they are still considered single.

After the Supreme Court struck down part of the Defence of Marriage Act in 2013, the IRS tax agency said it would recognize same-sex marriages for federal tax purposes, even if couples lived in states that did not.

THE ASSOCIATED PRESS

IN BRIEF

Mobile payments now under credit card code

The code of conduct that governs credit and debit card transactions is being extended to apply to mobile payments as well, federal Finance Minister Joe Oliver said Monday.

The new rules also include a provision that says mobile users must be given full control of the default settings on their virtual wallets, Oliver said in making the announcement in Toronto. He also disclosed several other additions to the code of conduct, including a requirement that savings resulting from reduced credit and debit card fees be fully passed on to merchants. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Tuesday, April 14, 2015

the big number

$8M

A new study suggests that if all the 12-year-old boys in Canada had been vaccinated against HPV in 2012, between $8 million and $28 million might have been saved because of oropharyngeal cancers averted in that group. Currently only Prince Edward Island and Alberta offer HPV vaccine to boys as well as girls, with Nova Scotia announcing Friday it will follow suit in the fall. The Canadian Press

Is it time to disconnect the Connect Card dream?

YOUR RIDE
Kimberly Jones

The Connect Card, Calgary Transit's long-awaited electronic fare card system, was in the news again last week, and not in a good way.

Officials are now hopeful that the Connect Card system will be up and running by this fall. When I hear conversations in coffee shops, among my co-workers or on social media about Calgary Transit, the long-delayed Connect Card is often used as an example of project mismanagement.

I have to wonder then, with all the delays, is this system worth pursuing further?

If getting the system working requires additional resources, is it worth reinforcing some of the negative feelings people have toward Calgary Transit?

Especially since other cities, such as London, seem to be moving away from electronic fare cards (in favour of allowing customers to use their debit or credit cards already enabled with tap-to-pay technology).

A fare card system is often implemented for a few reasons, such as to increase convenience for customers, save money on printing and distributing paper tickets or implement different kinds of fares including sliding scales and zones.

Calgary Transit has indicated it won't implement any alternate fare options immediately, and it likely wouldn't use zones because it isn't using a tap-in, tap-out system.

Cost savings may not be that significant, if in the end — due to delays and other failed testing runs — the project goes over budget. It has certainly used more staff time and resources. So let's focus on the customer convenience argument. It stands to reason that customers would want a simpler, easier way to pay.

However, in the 2013 Calgary Transit customer satisfaction survey, only one per cent said that convenience of purchasing tickets and passes was a top-two concern (57 per cent indicated being on time and 33 per cent indicated service frequency).

Only four per cent found the convenience of purchasing tickets or passes to be poor or very poor, while 41 per cent were concerned about overcrowding and 29 per cent about their ride being on time.

I hope when it rolls out, tentatively, in the fall, that all the Connect Card kinks have been worked out. However, if behind the scenes the problems are still prevalent and perhaps even require more money and resources to fix, it may be time to throw in the towel.

Given that transit users don't seem to think that the current fare system is inconvenient and don't think that the convenience of buying tickets is even that important, it would be better for Calgary Transit to focus its time and resources elsewhere in order to provide people with what they really want — a reliable transit system that gets them where they need to go.

Kimberly Jones has lived in Calgary for 35 years. She's a transportation advocate, particularly interested in walking and public transit, and studies urban issues and planning.

ROSEMARY WESTWOOD

metroview

Hillary more status quo than feminist champion

There's a 1969 photo of Hillary Clinton in her university years, leaning back in her chair, looking a little badass in gaudy striped pants, one hand clasping a pair of round glasses.

She's mid-sentence, a slight smile.

"Let me tell you how it is," I imagine hearing her drawl.

It's the most appealing image I've ever seen of Clinton. She's young, yes, and in control rather than on guard. She has energy, suspense. I want to know what's next.

It's the opposite of the Clinton in Sunday's presidential announcement video, the Clinton who awkwardly compares her campaign to the lives of ordinary Americans (one woman, we learn, is planting tomatoes).

No, I'm not feeling any feminist love. I'm more like, "Do I have to?"

Because even if she makes history, it's unlikely she'll make life much better for women in the U.S. or elsewhere.

Sure, it's time for a woman to lead the world's most powerful country. It's long been time, and it's now well past time.

Clinton's even embracing her womanhood this time, we're told, championing the women's issues she's advanced (like women's and girls' rights in foreign policy).

But there are no surprises in that video. It's about as politically galvanizing and feminist as a car commercial.

I'd rather be watching the Clinton of the 1992 cookie comment video, because women are still fighting to get out of the proverbial kitchen. (Ask yourself: who cleans up the office dishes?)

"I could have stayed home and baked cookies and had teas, but what I decided to do was fulfill my profession," Hillary told media. Hear hear, Hillary! Though to modernize the message: I choose both!

I can't fault Clinton for appearing weathered by the decades since, the building of presidential-worthy experience as a political operative, senator and secretary of state.

But she's become the status quo, a woman version of any Democratic president, not a feminist champion.

Little girls might look up to her, but "I don't want to put the expectation on Hillary to be a different president than an establishment big party product," noted Elizabeth May (a Clinton friend).

Plus, there's no guarantee others will follow (see Margaret Thatcher in the U.K., where women are only 23 per cent of lawmakers).

The Clinton Foundation's own report (released yesterday) shows women's advancement in politics has been dramatically stalled. In Canada, women fill one quarter of federal and provincial seats.

So I'm not going to fawn too hard over Clinton. I've got to save my energy. I'm 29 and I have a lot more living in a man's world to do.

metro
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Your essential daily news

Usher, Common, No Doubt to headline will.i.am's Earth Day rally and concert

Mosh pits and wet kisses

Among the emerging artists who played at the Coachella festival's final day were the Danish electropop singer MØ, who overcame technical problems to deliver an impassioned set in which she twice went crowd-surfing, and the Welsh-born pop singer Marina and the Diamonds, who had a giant crowd singing along to her advice song, How To Be a Heartbreaker.

Stromae Belgian singer Stromae, a sensation in the French-speaking world, delivered a riveting performance of his danceable yet intelligent pop tunes.

In an unusual scene for a non-English-language artist, hundreds of U.S. fans sang along as best they could with Stromae on songs such as Papaoutai with its refrain — Papa, ou t'es.

The song, which like much of Stromae's work brings in African musical influences, revolves around his absent father who died in the 1994 Rwandan genocide.

Stromae showed a flair akin to theatre acting as he kept the crowd engaged over a 50-minute set.

For Formidable, about a boozy catharsis after heartbreak, Stromae pretended to be stumbling drunk and had his bandmates carry him off stage.

Stromae — whose album Racine Carrée was the top seller in France in 2013 and again in 2014 — has been rising in popularity in the U.S. and will play at New York's Madison Square Garden in October.

The 30-year-old took in stride the language barrier. When he asked the crowd whether they understood French and found out they didn't, he said, "Then let's speak both languages."

But he only uttered one word of French outside his songs — "Santé" — as he raised a glass to the crowd.

Desaparecidos Rebelling against the frivolity that surrounds so much of Coachella, Conor Oberst's reunited punk band the Desaparecidos brought to the festival an ear-splitting rage on the course of modern America.

Oberst, best known as the force behind Bright Eyes, emerged in the late 1990s as a beacon of emotional awareness for a generation of sensitive youth.

But as the frontman of the Desaparecidos, he also delivered a blistering critique of consumerism and Bush-era foreign policy on the band's 2002 album Read Music/Speak Spanish.

The Desaparecidos will release a second album, Payola,in June that updates the anger by a decade.

Songs include MariKKopa, a furious indictment of Arizona's campaigns against undocumented immigrants, and Anonymous, a tribute to jailed WikiLeaks source Chelsea Manning.

The Desaparecidos played from both albums at Coachella, although the uninitiated likely missed the lyrics as the band defiantly cranked up the bass so high that many in the audience stuck fingers in their ears.

Oberst also offered one of the few allusions at Coachella to California's drought — easily forgotten amid the festival's green lawns and water spray guns — as he dedicated his final song to the desert area's "useless golf courses."

AFP

MØ crowd-surfs in the audience during Day 3 of the 2015 Coachella Valley Music & Arts Festival this past weekend. ALL PHOTOS GETTY

WELCH STRIPPED DOWN

The festival is as renowned for skimpy clothing as it is for its trend-setting musical selection. Florence Welch, singer of the soulful British indie band Florence and the Machine, invited fans to remove her clothing until she pranced in the crowd with only a bra.

MADONNA-DRAKE KISS

Madonna startled tens of thousands by making out with Drake in an unexpected climax to Coachella. The pop superstar was not scheduled to appear at the festival but walked on stage Sunday night as Drake performed a song named after her — in which the rapper boasts that he can get with a girl as big as Madonna.

SALE ENDS APRIL 30th

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HEALTH

Egg freezing not the fertility panacea it's touted to be

Women who are considering having their eggs frozen to prolong fertility should be aware there's no guarantee they will have a baby, despite spending thousands of dollars on the retrieval procedure and storage, researchers say.

In an analysis published Monday in the Canadian Medical Association Journal, the researchers say primary-care doctors need to counsel women that so-called social egg freezing isn't insurance against future infertility and point out the high cost and medical risks of in-vitro fertilization.

"It's really getting marketed like it's a backup plan, it's insurance," said lead author Angel Petropanagos, a post-doctoral fellow at Dalhousie University. "The problem is that the success rate isn't really that great. It's not guaranteed, so you can spend all this time, energy and money investing in egg freezing and think you're covered, and when it comes down to it 10 years down the line, the IVF won't result in a live birth," she said.

Egg freezing has been used for some time to preserve fertility in young women and girls treated for cancer, for instance.

The pregnancy rate using frozen and thawed eggs is only 4.5 per cent to 12 per cent. ISTOCK

But more women who are delaying motherhood to build a career or who have not yet met a suitable partner are also electing to cryo-preserve their ova.

Females are born with all their eggs, or oocytes, but over time they begin to diminish in number and degrade in quality. To protect or preserve fertility, a number of eggs can be retrieved following hormonal stimulation of the ovaries, then flash-frozen and stored. In Canada, each stimulation cycle costs $5,000 to $10,000, with annual storage fees ranging from $300 to $500, depending on the clinic.

In October, the Canadian Fertility and Andrology Society released a position paper on egg freezing, describing it as "an option for women wishing to preserve their fertility in the face of anticipated decline." That contradicted a position statement by the American Society for Reproductive Medicine and the American Society for Assisted Reproductive Technology (ASRM-SART), which cautioned against the practice.

Petropanagos said the U.S. statistics show the IVF pregnancy rate using frozen and thawed eggs is only 4.5 per cent to 12 per cent — and that's primarily among women who had their ova preserved before age 30.

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Magdalene Masai of Kenya competes in the Women's 3000 Metre Steeplechase during the IAAF Melbourne World Challenge last month. GETTY IMAGES

Comfort goes the distance

FITNESS

Ways to recover after a marathon

For those preparing to run a marathon in the coming days or weeks, it's not too soon to start planning the recovery period. Plenty of rest, water and healthy food are among your best allies after an endurance run.

Drink up

Marathon runners can lose up to five per cent of their total body weight during the race, or around four to five litres of fluids on average. Be sure to drink plenty of fluids during the hours after you cross the finish line, whether you prefer water, fruit juice or sports recovery drinks.

While it may be tempting to celebrate with a beer, alcoholic drinks are best avoided in the days following the race, as your liver is already working overtime to eliminate toxins.

Soothe aches with heat

To aid the recovery of the muscles and tendons, don't hesitate to apply heat packs to your legs. Hot baths, saunas and warm massages are also excellent for relaxing the body and the mind.

Watch what you eat

The post-marathon diet plays several key roles in aiding recovery. Eating plenty of protein and dairy can help the body repair damaged muscle tissues and rebuild its reserves of various nutrients lost during the race. Certain fruits and vegetables, meanwhile, can aid in the elimination of the toxins and waste produced during the intense effort. Finally, slow-burning carbs will help the body restore its energy reserves. Avoid the temptation of overdoing it after the race, as your digestive system is likely also still recovering.

Take it easy

Experts recommend taking at least five to 10 days off from any form of intensive exercise after a marathon to give the muscles and tendons plenty of time to recover. When you decide to train again, start off slow with gentle exercise such as walking, swimming or biking. When you feel ready to run again, limit yourself to around 30 minutes per session over the course of a few weeks.

Psychological recovery

Running a marathon can also have a significant psychological impact. It is not uncommon for athletes to experience a let-down feeling or even mild depression the day after a marathon, and it may take the mind several weeks to adjust and establish new goals. It is important to identify new and different sources of motivation.

Most importantly, during the days and weeks after a marathon, be sure to listen to your body. Every athlete is unique, and the best thing you can do for your physical and mental recovery is to remain attentive to your individual needs. AFP

RUNNING MATE

Distance running may have evolved as desirable male trait, research says

Men with strong reproductive potential tend to be better at distance running, according to a new study from the University of Cambridge published in the journal PLOS One. In the hunter-gatherer age, females likely judged potential mates by their ability to run, an indicator of being able to provide well.

Endurance is a desirable quality. ISTOCK

"The observation that endurance running ability is connected to reproductive potential in men suggests that women in our hunter-gatherer past were able to observe running as a signal for a good breeding partner," says lead author Dr. Danny Longman. AFP

LEARNING CURVE

Not-so-lazy days of summer

SHUTTERSTOCK

End-of-semester burnout might be setting in, but spring/summer classes could be the key to having a great university experience.

Roxanne Ross manages the student success centre at the University of Calgary and advises students how to manage their course load. Ross says there are many reasons why students should think summer school is a great idea, especially if they want to accelerate their program, but students need to be prepared for a more condensed timeline.

"The courses are the same amount of class time and instructional hours, but it's often taken over a shorter period, so there are some time management adjustments that need to be made, and students need to be aware that two classes missed in spring and summer could have a more significant impact on their success," Ross says.

Summer classes are also a good idea for students who are involved in extracurricular activities or are balancing work and school throughout the year.

"Some people prefer to spread their course load over the three semesters and work throughout the terms, but others are looking to get employment experience and the summer is a good time to do that," Ross says.

She also thinks it's a good time to take advantage of any learn abroad opportunities your school has to offer since a trip will not affect existing classes, delaying graduation.

Not everyone plans to take summer classes, but sometimes summer school is necessary to get your academics back on track. Before making the choice, Ross says to make sure you won't be distracted by warm, sunny days.

"Students coming out of high school have traditionally had summers off, so that's something they need to consider," Ross says. "Are they going to be distracted because they are used to taking summers off? How intense were their fall and winter semesters?"

That being said, there is a perk of being a summer student. With less students on campus, there is less competition for student resources like tutoring. So sacrificing some of your summer may actually be the key to your success. *– Abby Wiseman*

CONTRIBUTED

ABM FOCUSES ON CLINIC-BASED LEARNING

No matter what your reason is for getting into a career, ultimately, it comes down to dollars and cents.

The ability to make a living doing what one loves is the ultimate dream, and that can be a reality for a massage therapist.

"Earning potential for a massage therapist will differ depending on if you work for yourself/mobile or for a clinic or spa," says Stefanie Allen, registered massage therapist and massage therapy instructor at ABM College.

She says your earnings could be between $80 to $100 per hour working for yourself or having a mobile business, however, you have to factor in your expenses.

If choosing the spa or clinic route, expect to receive a split in commission (about 70/30 or 60/40).

"There are pros and cons to both options, however, I recommend working in a clinic or spa for a few years to gain experience, knowledge and clientele before venturing off with your own business," Allen says.

According to payscale.com, a registered massage therapist in Canada makes $39.06 per hour on average (according to 2014 data).

ABM College teaches students more clinical-based massage techniques and assessments so students have an extensive knowledge in treating a variety of conditions after they graduate and the opportunity to choose their own career direction.

For more, visit abmcollege.com.

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Recreational therapy aides (RTA) play a vital role in helping determine the quality of life experienced by clients.

By helping others, RTAs gain a tremendous sense of personal satisfaction.

The recreation therapy aide certificate at Bow Valley College is a post-health-care aide (HCA) program that teaches HCAs new skills that will improve the lives of the clients they serve.

"This is a great program because it allows HCAs to continue to work with the population they love, but in a different role," says Gail Thauberger, co-ordinator, health-care and recreation therapy aide programs, Bow Valley College. "This role is more about meeting the resident's or client's psychosocial and leisure needs, which is critical to holistic care."

The RTA supports the role of the recreational therapist (RT) in the provision of treatment and recreation services to individuals with disabilities or illness. RTs assess the individual and develop the plan of activities, but it is more often than not that the RTA is responsible to implement the comprehensive therapeutic activities.

The RTA program provides the HCA with an opportunity to improve their therapeutic communication, observation and holistic care skills. With experience, RTAs may also develop supervision skills and may supervise volunteers or learners.

"The RTA role is a great opportunity for individuals who want to expand on their caregiving skills and knowledge," Thauberger says.

Bow Valley College has recently undertaken a thorough RTA curriculum review process and is reviewing the material gathered. The school will then commence a course and program revision process.

"With the upcoming improvements in the RTA program curriculum, course offerings will be better than ever, which will then deliver a better outcome for learners," Thauberger says.

For more information, please visit bowvalleycollege.ca/rectherapy.

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With intakes each week, there is no need to wait until September to start working towards your desired career.

For more about Academy of Learning, visit academyoflearning.ab.ca.

MH VICARS MEETS ALL NATIONAL STANDARDS

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Not all massage therapy schools are created equal.

Alberta has never had official curriculum requirements for massage colleges, or even entry-to-practice requirements for therapists. This has meant that the quality of education varies widely. But things are gradually changing.

A national massage therapy curriculum standard was recently created, and Alberta has its first independent and impartial program evaluation process in the Massage Therapist Association of Alberta's (MTAA) new approved school/program list.

"The national curriculum was an important step, but compliance is still voluntary," says Maryhelen Vicars, president of MH Vicars School of Massage Therapy. "It's wonderful to have an unbiased organization to act as a watchdog."

MH Vicars is the only private massage school in Alberta whose curriculum meets the national standard, and was the first school to achieve MTAA approval.

"From a practitioner's standpoint, being trained to the same minimum standard as everyone (in regulated provinces) in the country is huge," says Christy Pritchard, MTAA executive director. "But there are schools that, unfortunately, aren't going to do it until they have to. And that's why it's such an advantage what MH Vicars has done. And it shows the commitment they have to the profession at large."

MH Vicars School has campuses in Edmonton and Calgary. Classes begin in September.

For more, visit mhvicarsschool.com.

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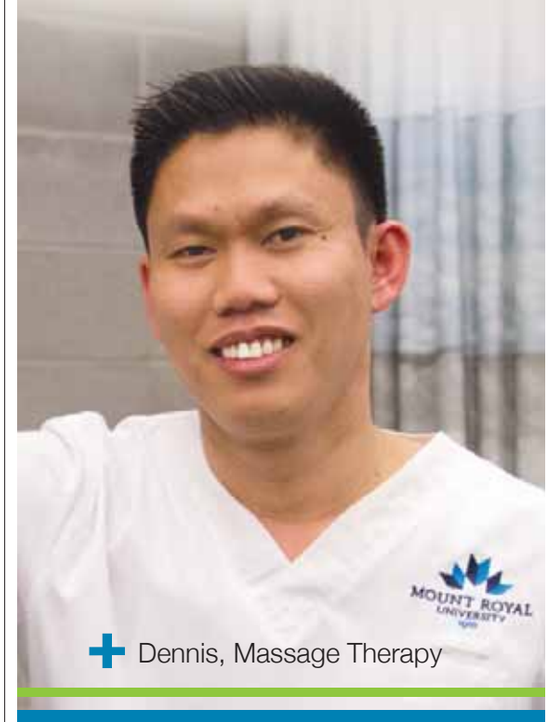

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SHUT YOUR EYES OR SHUT YOUR BOOKS?

SLEEP IS IMPORTANT WHEN LEARNING

It's midnight on the eve of a big final and you are debating whether to stay up through the night or slamming those books shut and going to bed. Your mind is telling you to push through and review, but your body is begging for rest. Which choice will optimize your test scores?

Dr. Brian Murray, associate professor of neurology and sleep medicine at the University of Toronto, recommends that you shut those books and get some sleep.

"The issue with cramming is that you will be tired the next morning and you won't be able to pay attention and focus as you would otherwise," Murray says. "You might miss the nuance of a question, or you might miss a question altogether."

A study released by the World Association of Sleep sited that being awake for 20 hours or more is as impairing as having a 0.08 per cent blood alcohol concentration.

"The way to think about sleep is — as you're acquiring experiences throughout the day you use up energy and space in the brain," Murray says. "What happens at night is that less relevant material is washed out. It's not so much a strengthening of memories, but more the getting rid of unimportant memories, which facilitates learning."

Giving up an eight-hour window for snoozing may seem difficult, so Murray recommends you embrace the art of the nap.

"For learning, napping is very good. In a total of 24 hours, we need eight hours of sleep — it doesn't have to be all at once."

How you take a nap is also important. If you want to avoid the groggy feeling that Murray calls "sleep drunkenness," he recommends napping as long as you need to fill eight hours of sleep. But if those books can't be shut, then 20 minutes will have somewhat of a restorative effect.

He also recommends maintaining the same sleep pattern throughout the week, even on weekends, especially around finals.

"The body likes routine. It can't tell if it's Saturday."

– Abby Wiseman

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The ABES medical device reprocessing technician program

The medical device reprocessing technician program offered through Alberta Business and Educational Services (ABES) has been specifically designed for foreign-trained health-care workers to integrate into the Canadian health-care system, as well as those who are interested in working in this field.

This program is designed to provide students with the necessary technical skills, employment preparation skills and essential skills to work as a medical device reprocessing technician.

"If you are interested in working with health-care professionals and contributing to the surgical team, then the medical device reprocessing technician program can provide you with the knowledge and qualifications you need," says Julie Wright, campus co-ordinator, ABES.

The role of the medical device reprocessing technician is to learn and perform all aspects of sterile processing with basic surgical instruments in the health-care workplace.

CONTRIBUTED

Students must have two years of post-secondary training in health care or life sciences before applying to this program.

This 40-week program runs in partnership with Alberta Health Services (AHS), which has been involved with the medical reprocessing technician program since 2008.

"Alberta Health Services works in close co-operative partnership with ABES to ensure that the ABES program surpasses expectations in terms of curriculum and quality of graduates," Wright says. "Alberta Health Services provides our students with a practicum, and, as a result, 96 per cent of our graduates are hired by Alberta Health Services after their practicum experience."

The program contains 760 hours of instruction combined with 320 hours of unpaid work experience.

Practicums are available in one of the five hospitals in the Calgary area.

Graduates of this ABES program will write the International Association of Health Care Central Service Material Management (IAHCSMM) examination.

Wright says students from the last graduating class from this program were all hired by Alberta Health Services.

CHECK FOR PREREQUISITES

The medical device reprocessing technician program is offered twice a year.

This program was previously called sterile processing technician program. Prerequisites apply to this program; please contact ABES to find out more.

For more, visit abes.ca.

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Spring is as good a time as any to get a jump on a new career in the field of business.

On June 29, get started on your training in the business administration program offered through Robertson College with a special introductory price.

"This program gives students the opportunity to acquire fundamental skills and learn a broad range of technical and business abilities," says Dean Olsen, the new director of the Calgary campus. "It will allow students to gain entry-level positions or operate their own independent business, which allows the development of management responsibilities in many different industries."

INTRODUCTORY PRICE OFFER

Robertson College is offering a low introductory price of $7,995 for the first class of the business administration program.

Graduates may find help securing employment through Robertson's graduate employment services team and career services.

Graduates may access Robertson's extensive employer network, interview preparation sessions and resumé editing services free of charge.

Graduates are not limited to employment in one industry, but are qualified for a wide range of careers in government, business or non-profit organizations. Students will also be introduced to entrepreneurship should they choose to pursue their own business interests.

"Business has a variety of paths to pursue," Olsen says. "Whether it's marketing, accounting or HR, students can determine their strengths and weaknesses throughout the program and, ultimately, choose which is best suited for their lifestyle."

Students are introduced to a comprehensive suite of topics, ensuring they have working knowledge of the business world from multiple perspectives. Practical, fundamental skills of the business world include communication and marketing.

Robertson College business administration students will earn their college diploma in a shorter time frame, yet enjoy a comparable amount of instruction.

The curriculum is focused on providing students with the essential tools to start and be successful in their career.

"The focus is on your needs and the tools required to move beyond the classroom and into a job," Olsen says.

This 43-week program is delivered on campus, with face-to-face instruction. For more, visit robertsoncollege.com.

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In-depth focus on oil and gas industry

The oil and gas business is one of the most important in Canada, and the one known to fuel Alberta's economy.

The petroleum land business (PBL) extension certificate offered through the faculty of continuing education and extension at Mount Royal University contains timely and relevant petroleum land content, which provides an ideal gateway to jobs in the petroleum industry

"Despite current challenges in the petroleum industry, the long-term fundamentals predict growth as global demand is growing for oil and gas," says Jan McKnight, BComm PLM, JMM Consulting and instructor of the petroleum land business extension certificate. "Now is an ideal time to upgrade education and skills in preparation for the inevitable upswing in the market cycle, which will mean more demand for skilled individuals in petroleum land management."

This program is tailored to individuals wanting to transition to a career in petroleum land management.

Students of this program are exposed to both the theory and practical application of all facets of petroleum land management, including technical and economic considerations in managing land assets, business acumen, finance and economics, communication, negotiation and strategic thinking skills, and higher level interpretive and analytical skills.

This certificate was developed through the collaborative effort of the Canadian Association of Petroleum Landmen and Mount Royal University.

"The PLB program is the most comprehensive of its kind in Canada, providing in-depth focus on all aspects of petroleum land asset management, through over 330 hours of instruction dedicated to petroleum land management," McKnight says.

Registrants in the program have primarily been working professionals with a broad range of expertise, many with prior university degrees that bring tremendous value to the land profession.

Courses are offered on evenings and weekends, providing ease of access to working individuals.

For more information about this certificate, visit conted.mtroyal.ca/landbusiness.

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HOW TO RESOLVE CONFLICTS

Nobody really likes conflict, especially in the workplace.

When it comes to diffusing situations in the workplace, or at home or in the community, the conflict resolution certificate program offered through the faculty of continuing education and extension at Mount Royal University can help to effectively smooth over almost any circumstance.

"The conflict resolution certificate program is designed for anyone who wants to learn how to handle conflicts in a respectful, peaceful and productive manner," says Erika Readwin, conflict resolution consultant, instructor, conflict resolution certificate program, MRU.

The MRU conflict resolution certificate program teaches students to manage and navigate through conflict using appropriate skills, techniques and processes that facilitate effective communication and understanding, leading to better resolutions and outcomes.

Students learn how to establish rapport, defuse hostility and move the communication forward so all parties are heard and understood.

"This enables parties to work together to come up with ideas on how to better settle their differences," Readwin says.

Once students have graduated, some will take their skills to the workplace to help others in their organizations and further their careers in management, while others will use their skills in their private life or the community. Some graduates have set up private practices in mediation, specializing in family and divorce, workplace, oil and gas, and technology.

Those who have completed this program and are interested in becoming mediators will proceed into a mentoring situation, such as community mediation, Alberta Justice (small claims court). Or they may decide to mentor with a mediator in private practice to get practical hands-on experience, guidance and opportunities to mediate cases.

"Some of our graduates will continue their training to become arbitrators, ombudsmen and facilitators to assist government agencies, unions, organizations, corporations and individuals to resolve their disputes," Readwin says.

For more information or to register, please visit conted.mtroyal.ca/conflict.

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Between Lauren Raslask's undergrad in physics and mathematics, her three languages and sport team involvement, she was educated and skilled, but struggling to find direction.

"I needed something that would boost my career with the opportunity to pursue my other interests," Raslask says.

Lauren Raslask

Raslask chose the uLethbridge CPA (chartered professional accountants) bridging program because she wanted to transition her science undergrad into a career in business.

"The uLethbridge Calgary campus schedule allowed me to study in the evenings while working full time in the field," Raslask says. "Within a little over a year I had relevant work experience and references, an employable diploma and the prerequisites to continue to my CPA designation."

The CPA bridging program enables individuals to complete the business and accounting courses needed for entrance into the CPA professional education program (PEP) while continuing to work full time.

PENTAPHOTO PHOTO

Raslask is currently the accounting and finance manager for Alpine Canada Alpin, helping Canadians become Olympians and helping Olympians reach the podium by managing donations, insurance, memberships, and assisting in organizing Alpine Canada events.

"I love being able to combine my accounting knowledge with my passion for high-performance sports as I support our Olympic athletes in reaching the podium," Raslask says. "I love my career and am excited not only to finish my CPA designation, but see our Olympians through to South Korea in 2018."

> ***"THE ULETHBRIDGE CALGARY CAMPUS SCHEDULE ALLOWED ME TO STUDY IN THE EVENINGS WHILE WORKING FULL TIME IN THE FIELD."***
>
> ***– Lauren Raslask***

She says she would recommend the CPA bridging program to anyone struggling to bridge education and career.

"The bridging program offers the flexibility to combine crucial accounting education while pursuing relevant employment and meeting the prerequisites for the CPA designation program," Raslask says.

"Not only did the bridging program start my career by providing accounting and finance education and training, but the one-on-one career guidance from the uLethbridge professors was instrumental in helping me navigate my career and climb the corporate ladder."

For more information, please visit uleth.ca/management/CPA-Bridging.

COLUMBIA MEETS INDUSTRY DEMANDS

This September, Columbia College will be adding three new exciting programs to its programming lineup to meet industry demands for skilled employees in these fields.

The three new programs are the accounting assistant professional program, the administrative assistant professional program, and the dental administration professional program.

"Every year, more employers are expressing concerns about the growing gap between the skills they are looking for in new employees and the skills college and university graduates possess," says Caroline Edworthy, manager, Institutional Research, Columbia College.

These programs are 25 weeks in length and include a work experience component.

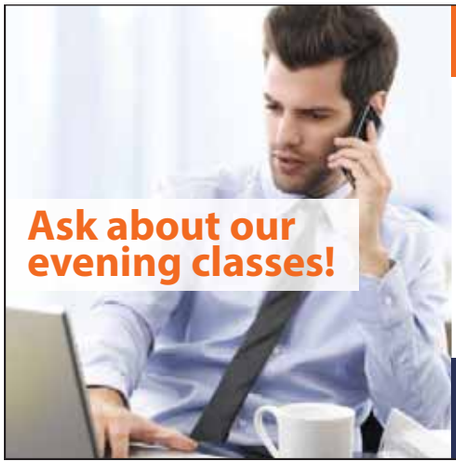
Graduates will complete up to 20 internationally developed competency-based assessments in the areas of technical skills, computer skills, and professionalism, communication and employment skills, which will become part of their professional portfolio.

"Seven professional staffing companies in Calgary were consulted during the development of the programs to ensure the international assessments selected by Columbia also met local employer needs and the needs of industry," Edworthy says. "We believe that our graduates will find employment faster as their portfolios will prove to an employer they have the skills for the job."

Free college prep courses may be available to those who do not meet the academic requirements of the programs.

For more information about these three new programs, visit columbia.ab.ca.

CONTRIBUTED



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Heading back to school was a difficult, but obvious decision for paralegal graduate Tyra S. As a single mother working two jobs, she barely had any time to spend with her daughter.

"There was no kind of job security there and no long-term benefits," Tyra says.

"I wanted to prove something to her, that school is a good thing. I wanted be a role model, or more of one."

Inspired by the success of one of her good friends who had recently graduated from Reeves College, Tyra decided to enrol in the paralegal program so she could better support her family. During her practicum placement she worked alongside a review and assessment officer, where she had to meticulously document and ensure all files were correctly organized and that paperwork was completed and submitted punctually and accurately. Her hard work and dedication paid off when she was hired by the firm at which she completed her practicum placement.

According to the Government of Canada, the "unemployment rate is relatively low in this field." With the job outlook projected to continually increase over the next few years, those passionate about pursuing a career in the legal industry should take advantage of this growth.

For more information on Reeves College's paralegal program, call 1-800-533-1457 or visit study.reevescollege.ca.

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Get business training with an industry advantage

Latest trends, technology taught at CDI College

Business is a dynamic field that is continuously changing, which is why CDI College's business programs are regularly updated to ensure that the latest technologies and trends are being taught to its students.

In-demand programs like business administration management provide students with a wide range of skill sets that are transferable in areas such as marketing, sales, finance, and entrepreneurship, offering unlimited possibilities.

"What inspired me was the chance of owning my own business one day and having the knowledge to back me up to make me more successful," says graduate Terri D.

As one of Canada's leading career training institutions for more than 40 years, CDI College has built and maintained solid connections with numerous industry professionals nationwide in order to deliver the most relevant education to its students. This includes the course materials, hands-on training, and practicum placements.

"Hands-on practical training is the best way to go," Terri says.

"You don't just have a book in front of you telling you what to do, you actually know what to do."

For more on CDI College's business administration management program, call 1-800-360-7186 or visit study.cdicollege.ca.

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metro SPORTS

Injured Chicago star Patrick Kane will return in the first round vs. Nashville

Tuesday, April 14, 2015

Every underdog has his day

NHL PLAYOFFS

Canucks and young Flames debate who has upper hand

The Calgary Flames are deep in moxie, but not in playoff experience heading into their first-round NHL playoff series against the Vancouver Canucks.

Fourteen Canucks have played more than 20 post-season games in their respective careers heading into Wednesday's Game 1 in Vancouver.

The Flames? Five have 20-plus playoff games on their resumés. A dozen will make their post-season debuts.

827-262

Total playoff games show an even wider gap in post-season experience. Vancouver totals 827 compared to Calgary's 262.

Flames head coach Bob Hartley celebrates with his players after last Thursday's playoff-clinching win over the Los Angeles Kings at the Saddledome. LARRY MACDOUGAL/THE CANADIAN PRESS

Flames head coach Bob Hartley declared Monday at Scotiabank Saddledome. "We feel just lucky to be here, but at the same time, we're not backing off from any challenges. That's in our DNA. We know we're facing a team with basically no weaknesses."

Vancouver fell short of the post-season last year, but were a playoff team each of the four years prior. They lost the Stanley Cup final in seven games to Boston in 2011.

Calgary is a playoff team for the first time in six years, so it's been a while even for those Flames with the most experience.

Leading scorer Jiri Hudler and assistant captain Dennis Wideman last saw playoff action in 2012 with Detroit and Washington respectively. Forward Mason Raymond was a Canuck in 2013 when Vancouver was swept in the first round by San Jose.

> **They're young, we're old. That should play to their advantage.**
> Canucks captain Henrik Sedin

How much experience matters "depends how you want to spin it," Canucks defenceman Kevin Bieksa said in Vancouver.

It's fairly standard practice to offload pressure from the shoulders of your team.

Henrik Sedin downplayed his team's superiority in playoff seasoning.

"You can go back and forth who has the advantage, who's the favourite? I think it all evens out in the end," the Canucks captain said.

Sedin is correct in that Vancouver's average age is 28.7, compared to Calgary's 27.

Whether Vancouver goes with the seasoned Ryan Miller — who played his first game in seven weeks Saturday following a knee injury — or Eddie Lack in net, where the Flames can claim recent playoff experience is in goal.

Jonas Hiller played 13 of his 26 career playoff games over the last two seasons with the Anaheim Ducks. The Swiss goaltender, signed a free agent last summer, has a solid goal-against average of 2.29 post-season.

"I've been there before, so I think that helps," Hiller said. "You can go out there and feel confident that you normally play well in the playoffs. That kind of knowledge helps you not worry too much about what could be and what if.

"At the same time, all those numbers don't help me a lot if I'm not ready to play the first game."

The Flames were a playoff-bubble team for most of the season and would thus argue they know how to win stressful games.

Dethroning the defending Stanley Cup champion Los Angeles Kings 3-1 to secure playoff spot in their second-last game of the regular season simulated playoff pressure. THE CANADIAN PRESS

TEAM NOTES

Bennett in play

Flames rookie Sam Bennett made his debut in Saturday's 5-1 loss in Winnipeg to conclude the regular season. The fourth overall pick in last year's NHL draft played 16 minutes and earned his first career point assisting on Michael Ferland's goal.

Bob Hartley said Bennett could also make his NHL playoff debut this series.

"He's an option, so my job is to prepare him," Hartley said.

CFL

Star receiver of 2012 Western semifinal retires a Stampeder

Romby Bryant, seen here taking on the Ticats in August 2012, announced his retirement Monday. GEOFF ROBINS/THE CANADIAN PRESS

Veteran receiver Romby Bryant is retiring as a member of the Calgary Stampeders after signing a one-day contract with the CFL club on Monday.

Bryant played 60 regular-season games over four seasons between 2009 and 2012 for the Stampeders, recording 210 catches for 2,725 yards and 22 touchdowns as well as 16 carries for 46 yards and two TDs.

Bryant's touchdown total in 2010 remains the highest by a Stampeders receiver in the past 20 years and the third-best in franchise history.

15

Romby Bryant's best season came in 2010 as he made 77 receptions for 1,167 yards and 15 touchdowns.

"I would like to thank Huff (coach and general manager John Hufnagel) and the Stamps for giving me the opportunity to retire as a Stampeder," Bryant said in a statement. "I enjoyed my time there and loved playing for the Stamps and their fans.

"What I enjoyed more than anything was playing for a professional organization. My experience with the Stamps will always bring positive memories. I can honestly say they handled every situation in a professional manner."

The Oklahoma City native started his career with the Winnipeg Blue Bombers in 2008 and joined the Stamps in a Sept. 20, 2009 trade.

He finished his CFL career with one season in Toronto in 2013 and one season in Winnipeg in 2014. The 35-year-old finishes his CFL career with 331 receptions for 4,874 yards and 33 touchdowns.

One of Bryant's most memorable moments with the Stamps was a 68-yard TD in the final minute of the 2012 West semifinal win over Saskatchewan.

"Romby was a talented and dependable playmaker," Hufnagel said in a statement. "He made a lot of big plays as a Stamp, possibly none bigger than the late fourth-quarter TD catch in the 2012 semifinal." THE CANADIAN PRESS

Dodgy Dickey hands Tampa victory

MLB

Knuckleball turns on Jays in home opener

The Tampa Bay Rays took advantage of an erratic R.A. Dickey and spoiled the Blue Jays' home opener by shading Toronto 2-1 on Monday night at Rogers Centre.

Dickey gifted the Rays a pair of runs in the fourth inning by issuing two walks with the bases loaded. That was enough of a cushion for Tampa Bay starter Jake Odorizzi, who allowed only two hits and one earned run over eight innings. Brad Boxberger worked the ninth for his third save. The game was the first in a four-game series between the American League East clubs. It's part of a 10-game homestand for the Blue Jays (4-3), who won their first two series on the road.

Odorizzi (2-0) gave up a pair of two-out walks in the opening inning. A wild pitch put both runners in scoring position but the right-hander caught Josh Donaldson looking to get out of it. In the third inning, the Rays (4-3) put runners on second and third but Dickey (0-1) got cleanup hitter Evan Longoria to fly out to end the threat.

Desmond Jennings and Allan Dykstra stroked back-to-back singles to open the fourth. Rene Rivera popped up and Dickey made Kevin Kiermaier wave at a knuckleball for a strikeout.

Tim Beckham walked to load the bases and David DeJesus worked a full count. The crowd tried to will Dickey to a third strike but he was well wide to give Tampa Bay its first run.

The veteran right-hander walked in a second run by giving another free pass to Steven Souza Jr. Asdrubal Cabrera flew out to end the Tampa half of the inning. THE CANADIAN PRESS

Russell Martin's first experience catching R.A. Dickey at the Rogers Centre was rocky, to say the least. THE CANADIAN PRESS

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LLOYD MURDER TRIAL

Hernandez waits as deliberations roll on

Jurors deciding whether to convict former New England Patriots player Aaron Hernandez of murder went back to work Monday for a fifth day of deliberations.

Hernandez, 25, was brought into court briefly at the beginning of Monday's session and during the discussion of the note. He mouthed, "I love you" to his fiancée, Shayanna Jenkins, who was sitting in the front row. At other times, he is kept in a holding cell as he awaits the verdict. Meanwhile, lawyers in the case have milled around the courtroom, reading the newspaper or chatting while they wait.

The jurors appeared to pay close attention during the trial, which lasted more than two months. They have sent several notes since they began deliberations last week, but none have been about the murder charge.

The 12 jurors spent nearly 20 hours last week deliberating. They will work late into the afternoon unless they reach a verdict.

Hernandez is charged with the 2013 killing of Odin Lloyd, who was dating Jenkins' sister. Lloyd's body was found in an industrial park less than a mile from Hernandez's home in North Attleborough. Hernandez lawyer Michael Fee says the defence team won't comment after a verdict, regardless of the outcome.

Hernandez's lawyers have acknowledged he was there when Lloyd was killed, and they said he witnessed the killing. They questioned why he would put his career on the line to kill someone. At the time, Hernandez had a $40 million contract with the Patriots.

THE ASSOCIATED PRESS

BACKGROUND

Facing another charge

Even if he is acquitted, Hernandez will not be released from custody. He has pleaded not guilty to murder in Boston, where he is accused of the drive-by killing of two men in 2012. Prosecutors say he felt disrespected after one of the men bumped into him and spilled his drink.

IN BRIEF

Hamilton future unclear

Los Angeles Angels manager Mike Scioscia is hoping to see Josh Hamilton when the team travels later this week to Houston, where the slugger is rehabbing from right shoulder surgery after his self-reported relapse into substance abuse. Scioscia said Monday that he'd like to connect face-to-face with Hamilton to "see where everything is." The manager says he hopes Hamilton is getting the help and support he needs. Angels owner Arte Moreno last week indicated that Hamilton might not play for the team again.

THE ASSOCIATED PRESS

Sterling work from Liverpool

Raheem Sterling and Joe Allen scored in each half to give Liverpool a 2-0 win over Newcastle in the Premier League on Monday, which puts the club four points from the last Champions League place. Sterling opened the scoring in the ninth minute when he downed a long cross on the left edge of the area and dribbled past two defenders before slotting a neat finish inside the far post. Liverpool dominated after the interval, and Allen volleyed in the second in the 70th minute.

THE ASSOCIATED PRESS

RECIPE Asian Beef with Crisp Vegetables

EAT LIGHT AT HOME

Rose Reisman
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@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 8 minutes

Directions

1. To make the sauce, whisk the stock, brown sugar, soy sauce, vinegar, sesame oil, cornstarch, garlic and ginger in a bowl. Set aside.

2. Lightly coat a large, non-stick skillet with cooking spray and place over high heat. When the skillet is hot, brown the beef for 3 minutes, or until it's browned but still rare. Remove from the pan, let rest for 5 minutes, then slice thinly.

3. Respray the pan. Heat the vegetable oil, then add the broccoli, red pepper and snow peas. Cook for 3 minutes. Return the beef to the pan. Stir the sauce and add to the pan. Stir-fry for 2 minutes or until the sauce is thickened and bubbly and the beef is done to your liking. Be careful not to overcook.

4. Place on a serving platter and garnish with cilantro or parsley, green onions and cashews (if using).

Ingredients
Serves 4
- 3/4 cup beef (or chicken) stock
- 1/4 cup packed brown sugar
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp rice vinegar
- 2 tsp sesame oil
- 1 Tbsp cornstarch
- 2 tsp finely chopped garlic
- 1 1/2 tsp finely chopped ginger
- 12 oz boneless grilling steak
- 2 tsp vegetable oil
- 1 1/2 cups chopped broccoli
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups snow peas
- 1/4 cup chopped cilantro or parsley
- 1/4 cup chopped green onions
- 2 Tbsp chopped toasted cashews (optional)

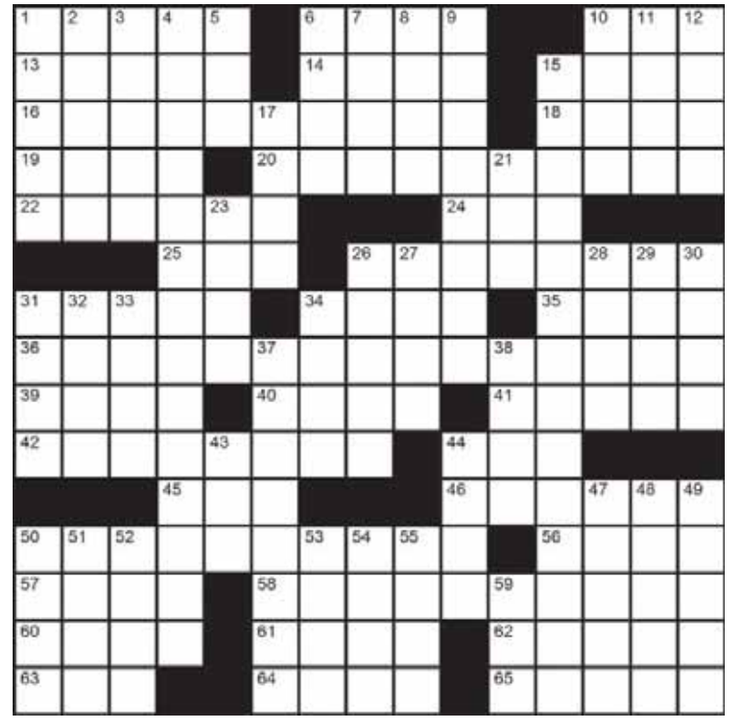
Nutrition per serving
- Calories 161
- Protein 10 g
- Carbohydrates 25 g
- Fibre 3 g
- Total fat 10 g
- Saturated fat 2.5 g
- Cholesterol 15 mg
- Sodium 375 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS
1. Verse variety
6. Business gathering, e.g.
10. Ruminant's snack
13. Mr. Leung (Judge on "Master-Chef Canada")
14. Tell _ _ (Deceive)
15. Heal
16. Tune off Taylor Swift's '1989' album: 2 wds.
18. Pond 'plant'
19. Yearn
20. "Elevator _ _" by Canadian band Stars
22. "Lawrence of _" (1962)
24. Suffix meaning 'somewhat'
25. "Am _ _ brother's keeper?"
26. Dime's amount: 2 wds.
31. Flooded
34. _ Yang Twins (Rap music duo)
35. Canadian comedian/actor Jon
36. "The Big Bang Theory": 3 wds.
39. Not worth _ _ (Without value)
40. Virginia willow
41. Appeases cravings
42. Desert-like climate
44. "Shallow _" (2001)
45. _-la-la
46. Alanis Morissette's "You _ _ Know"
50. Collectors of the gold that oozes from Maples: 2 wds.
56. Mr. Julia
57. Medley
58. Cape Breton: Fortress of _ National Historic Site of Canada
60. Disavow
61. French: Ici _ _ (Here and there)
62. "Ha! _ _ knew that!"
63. Chopper
64. "_, _ I was saying..."
65. Vice _

DOWN
1. "Usted _ espanol?" (Do you speak Spanish?)
2. _ _ nothing
3. Ms. Trump
4. Stage name of Hamilton-born blues musician Richard Newell: 3 wds.
5. Anonymous [abbr.]
6. Mob chief
7. Norwegian king, variantly
8. Courteous
9. "Teardrops rolling down on my face..." song
10. Religious sect
11. Compel
12. Letter starter...
15. Vancouver Island: Old forest growth of giant Douglas Firs in MacMillan Provincial Park: 2 wds.
17. Kill
21. Top left corner PC key
23. "The way I see it...", in Web speak
26. _ over (Helped out in the interim)
27. Irish songstress
28. "_ _ isn't." (Doubter's observation)
29. Tire swing need
30. Legis. meeting
31. Epiphanies!
32. Knowing
33. Mr. Egoyan
34. Himalayas legend
37. Moncton's professional basketball team
38. Biblical twin
43. _ Islands, Indonesia
44. "Bonanza" son
47. Rutger of reels
48. Revolves
49. Suffix denoting 'pain'
50. Pop
51. Mr. O'Loughlin of "Hawaii Five-0"
52. Country cabin wood
53. Stringed instrument of Japan
54. Katharine Hepburn's "Rooster Cogburn" (1975) role
55. Ms. Carrere's
59. Drink [abbr.]

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You like excitement but you need security too and the planets will in some way remind you today that matters of a business and financial nature must not be neglected. Have fun by all means but keep an eye on your cash too.

Taurus April 21 - May 21
You are in no mood to follow the herd. With mind planet Mercury moving into your sign you will go your own way and do your own thing even if the whole world is against you. You'll make a big impression, and a good one too.

Gemini May 22 - June 21
What happens today will plant a seed of doubt in your mind and it will rapidly reach the point where you can no longer deny that something is wrong. That's good: once you know what's wrong you can take steps to fix it.

Cancer June 22 - July 23
There may be a crisis of some sort over the next 24 hours but your confidence is sky high at the moment so chances are you will find a solution. Others will turn to you when their lives go into freefall. Somehow you know what to do.

Leo July 24 - Aug. 23
There is so much you want to do and so much you can do but don't do it all in one go. You may feel that if you don't act immediately the opportunity will be lost but that's not true. You have all the time in the world.

Virgo Aug. 24 - Sept. 23
You will enjoy yourself more if you are on the move. It may still be early in the week but if you can arrange a trip to some place you have never been to before, you should do so as it will open your mind to new possibilities.

Libra Sept. 24 - Oct. 23
If you think you are owed something, be it money, respect, or whatever, you can get it today. Mercury will help you find the words that can persuade others to give you what you desire. They simply won't dare tell you "no."

Scorpio Oct. 24 - Nov. 22
Do you know the meaning of the word compromise? Hopefully you do because the planets warn you won't get your way by force alone over the next 24 hours. Be willing to negotiate and be ready to give ground as well as take it.

Sagittarius Nov. 23 - Dec. 21
What you do for or to other people always comes back to you eventually, and if you bear that thought in mind today, and act accordingly, you won't go far wrong. It's always better to give than to receive – in the short-term anyway.

Capricorn Dec. 22 - Jan. 20
You can turn almost any situation to your advantage over the next 24 hours. Mars in the most dynamic area of your chart means you are intensely ambitious – and it makes you more passionate than usual. Try mixing business with pleasure!

Aquarius Jan. 21 - Feb. 19
A domestic issue that has been bugging you for some time can and must be dealt with today. The answer to the problem will appear in your mind seemingly out of nowhere and once it does don't wait or think about it – just act.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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70'S HUSTLE

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